

20 MAR 2000

Submit any proposed changes to this manual in the following format:

From: _____

(Activity Title)

To: Commander, Navy Region, Mid-Atlantic (N301)

Ref: (a) COMNAVREGMIDLANT/SOPA (ADMIN) HRINST 5400.1

1. The following is submitted for consideration as a
(change/deletion/addition/other) to Subject group _____
of reference (a).

(CO/XO Signature)